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What is claimed is:

1. A peak flow meter comprising:
 - a substantially hollow housing comprising a top portion, a bottom portion, an air inlet and at least one air outlet;
 - 5 a flow restriction disposed within said housing and in fluid communication with said air inlet, said flow restriction being dimensioned to create a back pressure within said housing;
 - a vane assembly disposed within said housing, said vane assembly comprising a vane, a post to which said vane is fixedly attached, and an adjustable hub attached to said bottom portion of said housing, wherein said adjustable hub is dimensioned to allow said post to be 10 rotated to a predetermined position;
 - a torsion spring comprising a first end engaged with said adjustable hub and a second end engaged with said post; and
 - an indicator for indicating a peak flow rate of air based upon a movement of said vane; wherein a user blows a stream of air into said air inlet, a first portion of said stream of 15 air passes through said flow restriction and is vented through said at least one air outlet, a second portion of said stream of air contacts said vane and causes said vane to rotate against said torsion spring, and said indicator indicates the peak flow rate of said stream of air based upon said movement of said vane.
2. The peak flow meter as claimed in claim 1 wherein said top portion of said housing comprises a slot and a gate disposed proximate to said slot, and wherein said indicator is a visual indicator movably disposed within said slot, said visual indicator being

dimensioned to be moved by said vane when said vane is rotated by said stream of air and to maintain a peak flow position within said slot upon cessation of said stream of air.

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3. The peak flow meter as claimed in claim 2 wherein said visual indicator is a unitary plastic indicator having a flexible tab for maintaining said peak flow position within 5 said slot upon cessation of said stream of air.

4. The peak flow meter as claimed in claim 2 wherein said slot forms an arc about an axis defined by a centerline of said post of said vane assembly, said arc subtending an angle of more than one hundred and eighty degrees.

5. The peak flow meter as claimed in claim 1 wherein said at least one air outlet 10 comprises two air outlets disposed within a flow portion of said housing, said air outlets being dimensioned to allow air to freely exit said housing, and wherein said housing further comprises a back vent.

6. The peak flow meter as claimed in claim 1 further comprising an air filter assembly removably attached to said air inlet.

15 7. The peak flow meter as claimed in claim 6 wherein said air filter assembly comprises a substantially hexagonal filter portion.

8. A peak flow meter comprising:
a substantially hollow housing comprising a top portion, a bottom portion, an air inlet and at least two air outlets within a flow portion of said housing, said air outlets being 20 dimensioned to allow a stream of air to freely exit said housing;

a flow restriction disposed within said housing and in fluid communication with said air inlet, said flow restriction being dimensioned to create a back pressure within said housing;

5 a vane assembly disposed within said housing, said vane assembly comprising a vane, a post to which said vane is fixedly attached, and a hub attached to said bottom portion of said housing;

 a torsion spring comprising a first end engaged with said hub and a second end engaged with said post; and

 an indicator for indicating a peak flow rate of air based upon a movement of said vane;

10 wherein a user blows a stream of air into said air inlet, a first portion of said stream of air passes through said flow restriction and is vented through said at least one air outlet, a second portion of said stream of air contacts said vane and causes said vane to rotate against said torsion spring, and said indicator indicates the peak flow rate of said stream of air based upon said movement of said vane.

15 9. The peak flow meter as claimed in claim 8 wherein said top portion of said housing comprises a slot and a scale disposed proximate to said slot, and wherein said indicator is a visual indicator movably disposed within said slot, said visual indicator being dimensioned to be moved by said vane when said vane is rotated by said stream of air and to maintain a peak flow position within said slot upon cessation of said stream of air.

20 10. The peak flow meter as claimed in claim 9 wherein said visual indicator is a unitary plastic indicator having a flexible tab for maintaining said peak flow position within said slot upon cessation of said stream of air.

11. The peak flow meter as claimed in claim 9 wherein said slot forms an arc about an axis defined by a centerline of said post of said vane assembly, said arc subtending an angle of more than one hundred and eighty degrees.

12. The peak flow meter as claimed in claim 9 wherein said housing further comprises
5 a back vent.

13. The peak flow meter as claimed in claim 8 further comprising an air filter assembly removably attached to said air inlet.

14. The peak flow meter as claimed in claim 13 wherein said air filter assembly comprises a substantially hexagonal filter portion.

10 15. A peak flow meter comprising:

a substantially hollow housing comprising a top portion, a bottom portion, an air inlet and at least one air outlet; wherein said top portion of said housing comprises a slot and a scale disposed proximate to said slot;

15 an flow restriction disposed within said housing and in fluid communication with said air inlet;

a vane assembly disposed within said housing, said vane assembly comprising a vane, a post to which said vane is fixedly attached, and a hub attached to said bottom portion of said housing;

20 a torsion spring comprising a first end engaged with said hub and a second end engaged with said post; and

a visual indictor movably disposed within said slot for indicating a peak flow rate of air based upon a movement of said vane, said visual indicator being dimensioned to be moved

by said vane when said vane is rotated by said stream of air and to maintain a peak flow position within said slot upon cessation of said stream of air;

wherein said slot forms an arc about an axis defined by a centerline of said post of said vane assembly, said arc subtending an angle of more than one hundred and eighty degrees; and

5 wherein a user blows a stream of air into said air inlet, a first portion of said stream of air passes through said flow restriction and is vented through said at least one air outlet, a second portion of said stream of air contacts said vane and causes said vane to rotate against said torsion spring, and said indicator indicates the peak flow rate of said stream of air based upon said movement of said vane.

10 16. The peak flow meter as claimed in claim 15 wherein said visual indicator is a unitary plastic indicator having a flexible tab for maintaining said peak flow position within said slot upon cessation of said stream of air.

11 17. The peak flow meter as claimed in claim 15 wherein said housing further comprises a back vent.

15 18. The peak flow meter as claimed in claim 15 further comprising an air filter assembly removably attached to said air inlet.

19. The peak flow meter as claimed in claim 18 wherein said air filter assembly comprises a substantially hexagonal filter portion.